

Look! Listen! Be Seen!

Make It a Safe Halloween!

**Halloween can be a lot of fun for children and adults.
The following tips will help keep you and your family safe.**

- Make sure costumes and masks allow you to see and move well. Makeup causes fewer problems than masks and may be more comfortable.
- If trick or treating at night, make sure that you are visible. Use reflective tape or stickers on costumes and bags and carry flashlights.
- Children under 12 should trick-or-treat and cross streets with an adult. Cross the street at corners, using traffic signals and cross walks.
- Consider having or going to a party rather than trick-or-treating. Think about giving out treats other than candy such as: stickers, pencils, or no-sweet treats.
- Do not eat anything homemade or unwrapped unless it comes from someone you know well.
- Enjoy the fun and fright and save some treats for tomorrow!



For more Fact Sheets please go to www.ParentHelpNH.org

Children's Hospital at Dartmouth, Injury Prevention Center, NH Department of Health and Human Services, NH Department of Education, NH Pediatric Society, SAFE KIDS NH & Partnership for a DrugFreeNH.org